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# INDUSTRIAL NUTRITION SERVICE



For employee publications, and individuals  
and groups promoting nutrition education

U. S. DEPARTMENT OF AGRICULTURE  
Commodity Credit Corporation  
Office of Supply

Production and Marketing Administration

Dallas, Texas  
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## FOOD NEWS

Popular foods, such as eggs, frying chickens, Irish potatoes, cabbage, carrots and fresh oranges and grapefruit are still fairly plentiful in Southwest markets this month. Eat lots of these foods often, at home and in the plant cafeteria.

## MORE FLOUR FROM OUR WHEAT

Many people are wondering about the bread which will be made from the new wheat flour. The government order, which went into effect March 1, was issued to extratt more flour from the available wheat supply. This will help us to send more wheat abroad to help feedthose less fortunate than we.

Eighty percent of the wheat grain will be used instead of 72 percent. The flour will be cream color instead of white and as a result breads and cake will be slightly yellower in color. Yet the flavor and texture will be almost the same as before. The newflour may call for a fewchanges in home baking recipes.

## THE EGGS HAVE IT...

Eat eggs in some form every day while they're plentiful. They're good for you and all members of your family because they add up in food value.

...Eggs are an excellent source of good quality protein, so necessary for growth and the building and repairing of tissues.

...Eggs have iron and phosphorous, too-minerals so necessary in the daily diet.

...Eggs are a source of the vitamins B1 and B2, vitamin D, the "sunshine" vitamin and vitamin A, all necessary for good health.

These are some of the reasons for eating at least one egg daily. Eat them for breakfast. Select them for lunch at the plant cafeteria. Choose egg salads or a hot entree such as scrambled eggs, creamed or fried eggs or egg omelet.

For the sake of variety and good health, choose an egg dessert such as custard, sponge cake, chiffon pie, pumpkin or cream pie with your mid-shift meal at least twice a week.

#### HEALTH NOTES

Brisk March winds and sudden temperature changes remind us that we should continue to fortify ourselves against colds and other illnesses that accompany cold weather.

Keep on your toes physically by doing everything you can to protect your health. Remember to eat the proper foods daily.

For physical well-being the year-round, include foods from every group of the Basic 7 in your diet every day. Don't forget that these groups are:

- I. Green and yellow vegetables - at least one serving cooked or raw each day.
- II. Citrus fruits or tomatoes and leafy green vegetables and raw cabbage - one serving of citrus fruit or tomatoes and a green salad (or cabbage slaw) each day.
- III. Potatoes and other vegetables and fruits - include one or more servings of white and/or sweet potatoes and one or more servings of fruits and other vegetables.
- IV. Milk and other dairy products - 1 pint of fluid milk or the equivalent in evaporated or dried milk, cheese, ice-cream or milk sherbets.
- V. Meats, fish, poultry, eggs, cheese, dry beans and peas - one or more servings each day.
- VI. Whole-grain or enriched cereals and bread - 3 slices or more of whole-grain or enriched bread and one serving of whole-grain cereal each day.
- VII. Butter or vitamin A fortified margarine - at least one serving per day or better - 1 pat at each meal, when it is available.